

## **ASC SUITE PRE-PROCEDURE INSTRUCTIONS**

### **Neurology & Pain Management**

Elie Sader, MD

Elizabeth Donofrio (RN)

Rebecca Houde (MA)

**Office Phone** (203) 635-8780

**Ambulatory Surgery Center Suite Phone** (475) 203-2370 (for questions on the day of the procedure regarding timing of the procedure, if you are running late or need to reschedule/cancel, ASU suite directions)

### **PLANNING FOR YOUR PROCEDURE**

- If you were told that there is bloodwork that needs to be done prior to the procedure, please make sure it is done at the latest the day before the procedure.
- The day before your procedure, you will receive a call from our team to confirm your arrival time and address any questions you might have.
- If you are receiving sedation for your procedure do not eat or drink anything after midnight the day of your procedure.
- Plan to arrive 1 hour before your procedure to account for time needed to confirm your medications, obtain your vital signs, and sign the consent form.
- If you are getting an occipital nerve block, trigger point injections, or Botox injections, you may drive after the procedure, however some patients prefer to arrange for a ride.
- If you are getting a spinal procedure (epidural injection, facet block, medial branch block, lumbar puncture), or a joint procedure (knee injection, hip injection, genicular block), make sure to arrange for a ride after the procedure as you should not be driving for 24h.
- Please limit makeup and nail polish on the day of procedure.
- Do not take any pain medications the day of the procedure.
- Do not take any NSAIDs (ibuprofen, Advil, Motrin, Aleve, Voltaren, Mobic) for 2 days prior to your procedure.

### **HELP US TO PERFORM YOUR PROCEDURE IN THE SAFEST WAY POSSIBLE. PLEASE LET US KNOW IF ANY OF THE FOLLOWING APPLIES TO YOU:**

- I take blood thinners such as clopidogrel (Plavix), enoxaparin (Lovenox), warfarin (Coumadin), rivaroxaban (Xarelto), dabigatran (Pradaxa), apixaban (Eliquis)
- I see a cardiologist (heart doctor) or pulmonologist (lung doctor) regularly
- I have allergies to lidocaine, steroids, or other medications

- I have a history of fainting in the setting of needles, low blood sugar, or other